



Refresh From Stress: **30-DAY INSPIRATION**

OCTOBER 1-30

2021 LEADER FACT SHEET

HOW CAN WE BENEFIT FROM REFRESH FROM STRESS PARTICIPATION?

Leaders and Teams Who Participate in RFS:

- Model and commit to employee health and well-being.
- Contribute to a healthy work culture.
- Improve teamwork, morale, and engagement.
- Experience practical, proven, and fun tools that reduce tension during high-stress periods.

Employee Feedback from 2020 RFS Participation:

- 89% report improved management of stress
- 85% described improved physical health
- 71% noted improved productivity at work
- 87% experienced greater emotional well-being
- 94% reported *Refresh From Stress* was a valuable program

For more information, visit: www.fsap.emory.edu/refreshfromstress

